

"Such Stomach Comfort"

is rarely known as that which comes to the man who drops his food follies and starts in upon a diet of

Shredded Wheat

the food that contains all the body-building material in the whole wheat grain made digestible by steam-cooking, shredding and baking. These crisp little loaves of baked wheat contain the greatest amount of nutrient at lowest cost. Ready-cooked and ready-to-serve.

Two Shredded Wheat Biscuits, heated in the oven to restore crispness, served with hot milk or cream, make a complete, nourishing, satisfying meal at a total cost of five or six cents. Also delicious with fruits. TRISCUIT is the Shredded Wheat Wafer, eaten as a toast with butter or soft cheese, or as a substitute for white flour bread or crackers.

Made only by The Shredded Wheat Co. Niagara Falls, N. Y.



MARY MILES MINTER IN "EMMY OF STORK'S NEST" AT THE VICTORIA TODAY. Few stars have taken such a sudden and permanent bound into motion picture fame as little Mary Miles Minter, the captivating young actress, whose next work on the screen will be seen in "Emmy of Stork's Nest," a Columbia Pictures Corporation production released on Metro program. Miss Minter's fame has been well earned, for she has been on the stage since she was seven years old—she is now 15—and is a consummate artist with a wide and diversified knowledge of things theatrical. Her first appearance was with Nat Goodwin in "Cameo Kirby," but her biggest success was in "The Littlest Rebel," a play in which she starred for four years with William and Dustin Farnum. In "Emmy of Stork's Nest," Miss Minter has a role for which she is ideally suited. She is seen as a happy-go-lucky girl of the mountains, a wildflower growing in a locale filled with human weeds. There comes to this community a young man from the city, who immediately meets with disfavor—and especially arouses the scorn of the mountain girl—because of his manners and clothes. He falls madly in love with her and finally proves his worth. How a family of counterfeiters conspires to break the match and ruin the young man; how they are thwarted and "true love" is made to run smoothly, is revealed in a gripping story telling, a vivid tale teeming with thrills. The setting for the five part photodrama, in the heart of the Ozarks of Missouri, has afforded unusual opportunity for a quality of photography of high artistic worth. "Emmy of Stork's Nest" will be seen at the Victoria to-day and tomorrow. A specially prepared musical program will be rendered at every show by Professors McBride and McIntosh on our \$25,000 pipeorgan orchestra. This unit orchestra combines the grandeur of the cathedral organ with the finest symphony orchestra, and is the equivalent of a fifty-piece orchestra.—Advertisement.

Congress Asked For Greatest Budget in History of Country

Washington, D. C., Dec. 6.—Estimates for the most elaborate program of expenditures ever asked of an American Congress in times of peace were submitted to-day proposing a total outlay of \$1,285,857,808, or \$170,853,614 more than was appropriated last year. The great increase is almost wholly due to the administration plans for military preparedness. More than \$116,000,000 of the total is for direct expenditure on the army and navy, with millions more to be used in coast, defense and other fortification work. By establishments the amounts asked were: Legislative, \$7,573,372; executive, \$30,807,505; judicial, \$1,348,500; agriculture, \$24,159,089; foreign intercourse, \$5,426,699; military, \$152,354,259; naval, \$211,518,074; Indian affairs, \$10,175,036; pensions, \$160,565,000; Panama canal, \$27,535,469; public works, \$101,644,689; postal service, \$316,364,879; miscellaneous, \$98,290,563; permanent appropriations, \$135,074,673. The Postal Service estimate is deductible from the total because its receipts are turned back to the Treasury. That leaves \$969,492,929 as the actual total of appropriations Congress is asked to make, or \$167,853,401 more than last year. Not since the establishment of the government asked for less than was given last year. Many requests were made for increases because of developments of the war in Europe.

John T. Balsley Chosen to Fill New R. Office

A new office, that of trainmaster, made necessary by heavy freight traffic, was created to-day for the Philadelphia division of the Eastern Pennsylvania railroad. John T. Balsley, for many years freight trainmaster of the Philadelphia division, is the first appointee. Joseph E. Brown, division operator, succeeds Mr. Balsley. His new official will have charge of train movements over the entire division.

Petition For Rehearing on New Coal Rates Denied

Washington, D. C., Dec. 6.—The petition of coal operators in the Wyoming region of Pennsylvania for a rehearing on the new rates to the Atlantic coast on small sizes of anthracite was denied to-day by the Interstate Commerce Commission. The commission also denied a petition filed by the so-called anthracite roads asking for a modification of its orders to permit the carriers to increase their rates on prepared sizes and pea coal by five per cent. The commission is understood to have felt that the arguments presented in the petition did not warrant a reopening of the case.

YORK MAYOR QUITS

Special to The Telegraph. York, Pa., Dec. 6.—Mayor John R. Lafaen, of York, relinquished his office to-day on a decision of city solicitor John L. Rouse that he could not legally continue in the office after the first Monday in December which marked the expiration of his term. City Solicitor D. S. Seitz said this afternoon that he did not agree with York's city attorney and he questioned if any other city solicitor in Pennsylvania was of the same opinion as Mr. Rouse.

AMUSEMENTS

ANDREW MACK. When Andrew Mack and his New York company will be seen for the first time in his new production, "The Irish Dragon," at next Saturday, matinee and night, he will essay a dual role for the first time in his career. In "The Irish Dragon," which is an ideal play for Mr. Mack's talents, he will introduce a character who could not only impersonate the splendid, dashing, lovably impudent Captain O'Malley, but will make his premiere now to his thousands of admirers in a complete disguise the plot calls for, in the characterization of Miss Judy Cannon, a temperamental, unconventional spinster. In assuming this disguise, for the brief moment in which Mr. Mack will be seen as the witty and delightful Judy, he does so on a wager in a daring escapade. It is the kiss of a pretty Colonel and the laying of eggs that Captain O'Malley risks his very life. He gets the kiss and wins the wager—and a wife.—Advertisement.

HAD BRONCHIAL ASTHMA

So Badly Man Could Not Lie Down—Cured by Vinol. For years and years we have been telling the people of Harrisburg that Vinol is a wonderful remedy for bronchial troubles. Here is positive proof: Tilden, Ill.—"For five years I suffered from bronchial asthma. In the winter time I was obliged to sit in a Morris chair all night, as I could not lie down, owing to that dreadful choking sensation. I tried nearly every known remedy, but nothing gave me any relief until one day I met the Station Agent at Willsville, Ill., and he said he had been a sufferer for years, but had been cured by Vinol. I at once commenced to take it, and the result is my cough is gone, my appetite has improved, and I can lie down and sleep all night, and my experience leads me to believe that Vinol is a certain remedy for bronchial asthma." John H. Condell, Tilden, Ill. The reason that cough syrups fail in such cases is because they are palliative only, while Vinol removes the cause, being a constitutional remedy in which are combined the healing elements of fresh cod livers, together with tonic iron and best pentone. It strengthens and revitalizes the entire system and assists nature to expel the disease. George A. Gargas, Druggist; Kennedy's Medicine Store, 32 1/2 Market street; C. F. Kramer, Third and Broad streets; Kitzmiller's Pharmacy, 1225 Derry street, Harrisburg, Pa. P. S.—In your own town, wherever you live, there is a Vinol Drug Store. Look for the sign.—Advertisement.



TELEGRAPH WANT AD WILL SELL THAT AUTO

MARY PICKFORD, IN "A GIRL OF YESTERDAY" TODAY AND TOMORROW AT THE REGENT. Mary Pickford's innumerable admirers will have an opportunity to see the world's most popular motion picture star in the thrilling role of companion to the internationally famous aviator, Glenn Martin, in one of his daring aeroplane flights at the Regent to-day and to-morrow, when "A Girl of Yesterday" will be shown on the Paramount program. In the film "Little Mary" is Jane, a girl in very moderate circumstances, who has never attempted to keep abreast of the times in the matter of modish apparel, but has still been sufficiently attractive to win the love and discerning Stanley Hudson, her next door neighbor. So great is the modesty of the little reclusive that she does not realize her irresistible attractiveness despite the fact that these same charms have made her the mortal enemy of another girl who loves Stanley. On these two days Paramount News Pictures showing current events.—Advertisement.

THE STAGE

Julia Marlowe has joined in the effort being made to relieve the suffering in Poland, from which organization Mme. Sembrich was recently forced to resign because of illness. Miss Isidora Duncan, the famous Greek dancer, is reported to be seriously ill in Paris.

Jean Newcombe is a member of the cast with which H. H. Frazer is to produce a new Lipman-Shipman play. Walter Thomas has been engaged to fill the role of Malcolm in the forthcoming Hackett-Viola Allen production of "Macbeth."

MOTION PICTURES

William Farnum has completed a new production which will be released as a William Fox feature. The production is named "A Soldier's Oath."



THEODORE ROBERTS in Lasky-Paramount Pictures.

Who will be seen as a Lasky star in their December 2 release of "Mr. Goetz of Monte Carlo," an adaptation from E. Phillips Oppenheim's novel of the same name.

ORPHEUM. To-night—Charles Frohman-Klaw & Erlanger's distinguished success, "Outcast." Thursday, matinee and night, December 7, "Follies of Pleasure." Friday night, December 10—Wrestling matches. Saturday matinee and night, December 11—Andrew Mack in "The Irish Dragon."

WRESTLING MATCHES. Ozar, the middleweight champion of the United States, will wrestle Mort Henderson, next Friday evening at the Orpheum Theater for the best out of three falls. In the meantime, Ozar's reputation that he claims he shall be able to throw Ozar twice in one hour. Ozar, weighing less than Henderson, is confident of his superior fastness and quickness of foot will overcome whatever handicap he suffers in his lack of size.—Advertisement.

MAJESTIC VAUDEVILLE. These will be exceptionally happy days for Young Harrisburg at the Majestic Theater. They will be exceptionally happy days for the company, who within the range of "The Toylanders," the splendid juvenile headline production that is being held to hold the audience during the first half of the week, but the management has taken extra steps to make the evening a real joyous one for the kiddies. The bright musical comedy in which these juveniles appear calls in scenery, costumes and cast of 150, hence the management has decided that the "Toylanders" shall let the children in the audience "take their wares." So they set out for loads of nice toys, including dolls, dishes, horses and carriages and whatnot, and a close of their act each afternoon, the members of the company will distribute the toys. A bill of favor and meritorious Keith attractions is bound to appear on the same offering. Not the least of these will be the first local appearance of Gertrude Long, who is said to be one of the most clever surprise vocal novelties of the season; another will be James Reynolds, the popular singing comedian, who will have some clever songs and bright jokes, and Frank Carman promises an unusual novelty as a hoop roller. Several others of almost equal merit will be included.—Advertisement.

"OLD HEIDELBERG" AT THE COLONIAL. Dorothy Gish, one of the most lovable little stars of the Griffith-Triangle studio, together with Walter Reid, Karl Formes, Raymond Wells, W. McDermott, Eric von Stroheim and other excellent Griffith players, will be presented at the Colonial during the first half of the week in Chester B. Clapp's adaptation of the German student idyl, "Old Heidelberg." This is the play made famous in this country by the stellar appearance of Richard Mansfield and Abbey Bourgeois. In the original German it enjoyed extraordinary popularity on the other side, and that popularity has been duplicated here. The present screen version is in five parts. It was made under the direction of John Emerson, the well-known stage star. It is said to show many significant touches of D. W. Griffith's personal supervision, particularly in the battle and mob scenes. "Old Heidelberg" is a beautiful story of love and war characterized by the quaint German atmosphere of university, court and palace. Of real interest on the same program is a comedy entitled "Fickle Patty's Fall," with the leading role admirably cared for by Roscoe Arbuckle, the jovial fat man of Keystone comedy fame.—Advertisement.

SPECIAL 100 SOLID MAHOGANY CLOCKS 10 Attractive Designs \$1.50 Each. This is a special lot. We consider them the greatest clock values we have ever offered. They are excellent timekeepers—are guaranteed and correspond in size and appearance with clocks that sell for two or three times as much money. These Clocks will make fine Christmas Gifts. These Clocks are only one of the many lines of beautiful articles, at real bargain prices, that we are showing for the holidays. You will not do justice to yourself or to those whom you are going to give presents if you fail to call and look over our immense stock. H. C. CLASTER Gems—Jewels—Silverware 302 MARKET STREET Open Evenings Until Christmas

Mgr. M. M. Hassett Praises Suggestion That Candles Be Burned Christmas Eve

During the morning services at St. Patrick's Cathedral yesterday Mgr. M. M. Hassett took occasion to commend the suggestion for the suggestion and the subsequent approval of Mayor Royal that candles be burned in the evening in houses throughout the city Christmas Eve. Dr. Hassett expressed himself as well pleased with the plan to renew the old custom and said he hoped every person in the city would light a candle in honor of the birth of Christ. Dr. Hassett especially urged the Catholics of Harrisburg to light

E. T. SETON, NATURALIST, RESIGNS FROM BOY SCOUTS

Special to The Telegraph. New York, Dec. 6.—Ernest Thompson Seton, naturalist and writer of books on nature, yesterday announced his resignation as chief scout of the Boy Scouts of America. In a statement explaining his action, Mr. Seton said he resigned because of a gradual change in policies to which he is opposed and for which he blames James E. West, of this city, the present chief scout executive. "Militarism now comes first and woodcraft, the original purpose of the movement, second," according to Mr. Seton, who announced the formation of the Woodcraft League, inviting members of the Boy Scouts to join it.

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO QUININE Tablets. Druggists refund money if it fails to cure. E. W. GROVES signature is on each box. 25c.—Advertisement.

"I HEREBY CHALLENGE THE WHOLE WORLD" To show more remarkable, more complete and more genuine results than I have shown here in Harrisburg during the past two months. All were due entirely to the wonderful Quaker remedies and the proofs are positively undeniable. Interesting talk with the health teacher at Keller's drug store.

In the course of an interesting interview with the Health Teacher at Croll Keller's drug store many startling statements were made and as the facts stated were supported by proofs that cannot be denied. Little do people realize what a wonderful work is now going on in Harrisburg these days and extracts from the interview will therefore not only be surprising but also beneficial to many. (1) "I claimed when I came here that I would soon prove that the Quaker Remedies were the greatest remedies on earth. (2) "I claimed that they would produce quick and startling results in cases of rheumatism, catarrh, stomach troubles, indigestion, constipation, kidney and liver complaints. (3) "I claimed they would remove tapeworms complete, also stomach worms and pin worms. (4) "I claimed that they would often produce results where other remedies had failed. (5) "I claimed that the Quaker remedies were composed entirely of herbs, roots, barks and blossoms and that they could be safely given to tender children or weak adults. (6) "I claimed that I would prove my promises by showing actual real results in the strong-kind of testimonials from local people and people living in nearby towns." Now I leave it to the critical public and I ask the people to answer this question honestly, and openly. Have I kept my promises? Have I made these claims good? The answer must be—yes, you have. You have certainly proven that the Quaker remedies have done even more than you claimed. For the benefit of such people who might not have noticed the many absolutely genuine testimonials which have been appearing in this paper during the past few weeks a few of them are herewith repeated in condensed form. They will give an idea of what the Quaker Remedies are doing here. Mrs. Frank Moeller. Had catarrh and intestinal indigestion. Now well. Mrs. Andrew Shull. Expelled a monster tapeworm, complete with head. Mrs. Walter Carberry. Rheumatism in back and shoulders. Now well. Mrs. Wittekins. Severe stomach troubles. Now well. Mr. J. V. Levan. Kidney complaint and lumbago. Now well. Mrs. C. Cropper. Sciatic rheumatism. Now well. Mrs. Matthew Mangold. Catarrh of the head. Now well. R. G. Bennett (boy of Enola). Passed tapeworm, complete. Miss E. C. Fuchs, aged 7. Expelled six stomach worms. Miss Agnes Tieman. Rheumatism. Now well. J. H. Trickler. Indigestion and constipation. Now well. C. E. Refensperger. Expelled tapeworm 46 feet long. J. T. Knipe. Rheumatism. Now well. Mrs. O. E. Busch. Stomach troubles and nervousness. Now well. Miss E. Hickernell. Middletown. Expelled tapeworm, complete. Besides these results, many startling reports were received from people who will not allow their names to be published. Also, every day parents are reporting that their children passed pin worms or stomach worms after taking Quaker Extract. Just consider a moment, all these things happened during the past few weeks and all are people who live in or near Harrisburg. Now the health teacher again asks, Am I keeping my promises? If you wish to know any particulars about these great remedies do not hesitate to call on the health teacher at once. He may be seen daily at Croll Keller's drug store, No. 405 Market street, from 9 a. m. to 9 p. m. If you cannot call, order the remedies by mail. Quaker Extract, 3 bottles for \$2.50. Oil of Balm, 50c. Quaker Kidney Pills, 50c.

FURNITURE FOR CHRISTMAS Beautiful pieces that lend charm and distinction to the home. HARRIS THE UPHOLSTERER 221 N. Second St.

HARRISBURG LIGHT & POWER CO. Your Wife's Christmas Gift Wire the home for electric light. It is a gift she will appreciate. Have a representative call and give you our prices. OUT OF THE HIGH RENT DISTRICT LESTER PIANOS H. G. DAY, 1319 Derry Street. Both Phones